



LifeTrail Club

Advanced Wellness System

2015 Meeting Schedule

Come hear speakers on various health topics, walk the LifeTrail and find out if you won the monthly raffle prize!

Rain or shine!

Friday, May 8

*Sneaker Check by
Aardvark Sports Shop*

Friday, June 12

*Nutrition Jeopardy by
Allentown Health Bureau*

Friday, July 10*

*Walk and Talk about Healthy Living by
Dr. DiCarlo*

Friday, August 7

*Passing Healthy Habits on to
Future Generations by TBA*

Friday, September 11

TBA

Friday, October 9

*Don't Let the Couch Get You!
Chair exercises by Prabha Sindha*



All meetings will take place at 9:00am at Rose Garden Pavilion #1, located near the LifeTrail Welcome Station off of Honochick Drive on the west side of Cedar Creek Parkway.

* Meeting location is at Trexler Park site